

Stress Management Workshop

Coping with Stress

A primary goal in stress management is to determine the aspects of a situation to which the individual is stress target specific. This goal is most easily realized by identifying the physiologic, emotional, and intellectual response cues to stress, and pinpointing the specific occurrence. The cues are as follows:

Physiological

Increased heart rate
Elevated blood pressure
Tightness of chest
Difficulty in breathing
Sweaty palms
Trembling or twitching
Tightness of neck or back muscles
Headache
Urinary frequency
Bruxism (grinding of the teeth), TMJ

Diarrhea
Nausea and/or vomiting
Sleep disturbance
Anorexia
Sneezing
Constant state of fatigue
Accident proneness
Susceptibility to minor illness
Slumped posture

Emotional

Irritability
Angry outbursts
Feeling of worthlessness
Depression
Suspiciousness
Jealousy
Restlessness
Anxiousness
Withdrawal

Diminished initiative
Tendency to cry
Sobbing without tears
Reduction of personal involvement
with others
Tendency to blame others
Critical of self and others
Self-deprecating
Lack of interest

Intellectual

Forgetfulness
Preoccupation
Rumination
Mathematical and grammatical errors
Errors in judging distance
Blocking
Lack of concentration

Lack of attention to details
Past oriented rather than present or
future oriented
Reduction in creativity
Diminished productivity
Diminished fantasy life
Reduction in interest